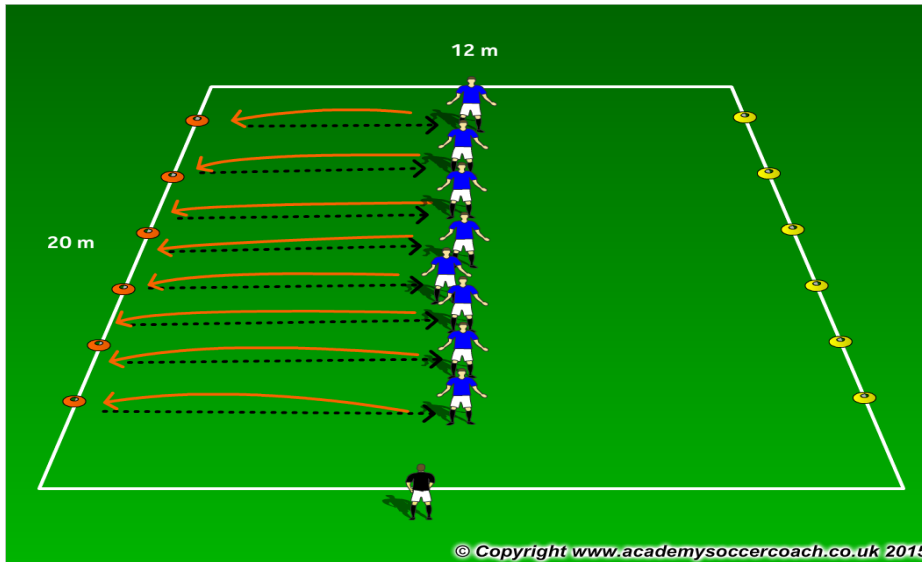




Learn to Train The Reaction Line



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Organization: Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

Procedure: On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

Time frame. 10-12 minutes

Emphasis

Creating a safe environment
Praise & Encouragement
Posing questions to players
Decision making
Demonstration of activity

Psychological

Safety
Confidence
FUN

Technical

Physical

Balance
Running
Change of direction
Coordination
Hop, skip & Jumping

Social

Communication
Competition